

Spicy Turkey Burgers

8

2 pounds ground white meat turkey	1/4 cup low sodium soy sauce
2 tablespoons minced garlic	1 tablespoon freshly ground black pepper
1 teaspoon minced fresh ginger root	3 tablespoons paprika
2 tbsp green chile peppers, diced	1 tablespoon ground dry mustard
1 medium red onion, diced	1 tablespoon ground cumin
1/2 cup fresh cilantro, finely chopped	1 dash Worcestershire sauce
1 tsp chopped fresh seeded jalapeno	

DIRECTIONS:

1. Preheat the grill for high heat.
2. In a bowl, mix the ground turkey, garlic, ginger, chile peppers, jalapenos red onion, cilantro, soy sauce, black pepper, paprika, mustard, cumin, and Worcestershire sauce. Form the mixture into 8 burger patties.
3. Lightly oil the grill grate. Place turkey burgers on the grill, and cook 5 to 10 minutes per side, until well done.